

LONDON metro



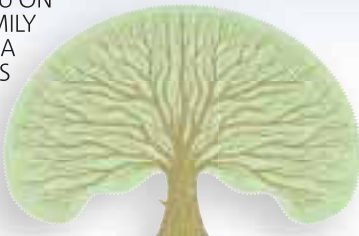
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**Tonight's
Jackpot**

WHO ARE YOU?

METRO TAKES YOU ON A VOYAGE OF FAMILY DISCOVERY WITH A THREE-PART SERIES ON TRACING YOUR ROOTS. FIRST UP: STARTING YOUR SEARCH **PAGES 6 & 7**



Conjuring up a hit movie

The upcoming Incredible Burt Wonderstone isn't the first time Hollywood has ventured into the world of magic **PAGE 10**

It's tough to be a Knight

When you're the top team in the league, everybody wants a piece of you. And the Erie Otters are hoping to get their chance on Wednesday **PAGE 20**

Skills, not jobs, the problem: London leaders

Provincewide meetings. Premier's job-creation talks land in the Forest City



ANGELA MULLINS
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Unless the province cuts red tape wrapped around work-training programs and internships for post-secondary students, the city's unemployment rate will continue to soar, officials say.

That was the message on Tuesday as business, government and not-for-profit leaders sat down for a jobs chat with Premier Kathleen Wynne. It's something Wynne said she's

Other news

- Samsung's plans to open a solar-energy plant in the city are "alive and well" and the company is looking for a site, Mayor Joe Fontana said Tuesday.

heard during similar talks across the province and a problem she vowed to tackle.

"It's a place that we need to start," she said. "If there are jobs that are going begging because we don't have people with those skills, that's a serious challenge to all of us."

Queen's Park also needs to make sure businesses and universities are "linked so that there's an understanding of

the job market," she said.

Job creation happens, she said, when the government understands barriers, breaks them down and puts the right "supports" in place.

City politicians spent part of the meeting bidding for some of that support. Face time with Wynne was a prime opportunity to tout the city's 10-year, \$60-million economic-development plan and ask for some provincial help, Mayor Joe Fontana said.

"An awful lot of the community leaders spoke the same language: There are great opportunities, but we need a true partner," Fontana said. "We have a plan, we just need to make sure the senior levels of government are on our side."

"I think she gets it."



FIRE AND ICE

Ice dancers Tessa Virtue of London and Ilderton's Scott Moir go through their routine during a practice session on Tuesday for the World Figure Skating Championships. More coverage, pages 2, 3 & 19. PAUL CHIASSON/THE CANADIAN PRESS

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London promo initiative hopes to draw big names, companies

Ya gotta love it. Local booster campaign aims to market Forest City to the world



JOHN MATISZ
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Quick — what's an effective way London can capitalize on the immense exposure associated with hosting the World Figure Skating Championships?

Cammie Anastasiadis has an answer.

She is the founder and executive director of Love London Canada, a not-for-profit marketing initiative, and she says the launching of a promotional video Wednesday has serious snowballing capability.

The five-minute piece, which profiles the best London has to offer, debuts online at facebook.com/welovelondon2012.

"I'm going after the big guys. I'm going after major industries and corporations worldwide," Anastasiadis said. "It's a worldwide marketing

Quoted

"There's 30 Londons in the world. People have no idea where London, Ont., is."

Cammie Anastasiadis, founder and executive director, Love London Canada

attempt for London."

Love London Canada has partnered with more than 70 local businesses to prepare the video that is endorsed by the City of London, London Economic Development Corp., and Tourism London.

Anastasiadis says it will have a movie-trailer feel, showcasing "who we are, what we have to offer and why we have the best city to live and grow in."

The promo, and others like it that are in the early stages of production, aims to inspire families, professionals and companies to move to London.

"The one thing I wanted to make sure it wasn't was a commercial advertisement. We didn't want any logos in the film," said Anastasiadis, who's also a full-time realtor. "What I wanted was basically the ab-



Love London Canada founder and executive director Cammie Anastasiadis poses beside a TV showing the title of her promotional video. JOHN MATISZ/METRO

solute best representation of what London is, what we're made of and our people."

Anastasiadis, who is originally from Thunder Bay, is confident people will feel inspired after watching it because of its

"edgy" approach. Eventually, she plans on travelling across Canada to promote London and to use the video as a main recruitment tool.

In the end, Anastasiadis says, it's about awareness, let-

ting the masses know what the Forest City can provide.

"There is so much negativity in this city. People say it's dull, there's nothing to do. But, really there is. There's just no awareness," she said.

Family Zone gives kids, parents place to hang out

The 2013 World Figure Skating Championships are about to get family-oriented.

Starting Wednesday, event-goers will have the chance to experience the Family Zone, a specialty tent located



outside of Market Square.

With a capacity of 100 people, the space supplies a smorgasbord of skating-themed activities for children and parents. Admission is free.

"It provides a

warm, fun environment for kids to play in," said Denise Venning-Reid, Family Zone event director.

Within the tent are a number of stations, including a free play area offering lessons on kids' yoga. There's also a Be a Commentator booth, which allows you to jump into the broadcast booth and produce

your own play-by-play call of the action.

As well, the Family Zone offers mini-sticks hockey, arts-and-crafts, a "kiss and cry" photo booth, and a video-game centre. To top it off, there's a message board set up so you can leave a lasting note to the world on your way out.

JOHN MATISZ/METRO

Family Zone hours

- **Wednesday:** noon - 8 p.m.
- **Thursday:** noon - 8 p.m.
- **Friday:** 11 a.m. - 8 p.m.
- **Saturday:** 11 a.m. - 8 p.m.
- **Sunday:** 11 a.m. - 4:30 p.m.

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Duff Charette from Toronto-based event-management firm Wendy Kane & Associates unfurls a banner Tuesday as workers prep the Skate Canada House at Market Square for skating fans. ANGELA MULLINS/METRO

Hey London! Skate Canada's in the house

Open at noon. Tent offering local arts, peek onto Budweiser Gardens ice ready for debut



ANGELA MULLINS
angela.mullins@metronews.ca

Don't have tickets to catch this week's skating action? No worries.

Organizers of the World Figure Skating Championships have just the lounge — er, tent — for you. Skate Canada House is one of the prime places to be for the rest of the week if you're looking to catch some live triple Lutzes without shell-bucks.

Sitting on the far south side of the Covent Garden Market plaza, doors to the tent swing open at noon

Quoted

"The place will be hoppin'."

Denise Benning-Reid of Wendy Kane & Associates

Wednesday. Inside, patrons will find a somewhat swanky setup featuring food and drinks served up by Up Front at the Market and Labatt.

Large television screens will play host to competition action streamed live from Budweiser Gardens. Former Olympic skaters Elizabeth Manley and Debbi Wilkes, both silver medalists, will take centre stage from time to time as commentators telling people what to expect from performances.

Holes in the skating competition will be filled by performances from local singers, dancers and musicians ranging from belly dancing to reggae.

The goal, organizers said, is to share the competition and festivities surrounding the championships with as many people as possible. Admission is free and there's room for 230 people.

Denise Benning-Reid, who's overseeing the tent for event planners Wendy Kane & Associates, is willing to make a promise.

"The place will be hoppin'," she said.

On Wednesday

Presented by the London Arts Council, London's Alive with Talent showcases local arts and culture performers at Skate Canada House:

- **5:30-5:50 p.m.:** Al-Asala Dabke Group. Providing an authentic cultural experience from the Arab-Canadian community, Al-Asala fuses traditional dabke with western influences into what is dubbed the "dabke remix."

- **6:40-7:30 p.m.:** The Karen Schuessler Singers. One of London's premier concert choirs, the Schuessler Singers are known for their innovation and their audience-friendly concerts featuring Broadway, jazz, gospel, world and folk music.

Skate Canada House hours

- **Wednesday, Thursday:** noon to 10 p.m.
- **Friday:** 11 a.m. to 10:30 p.m.
- **Saturday:** 11 a.m. to 11:30 p.m.
- **Sunday:** 11 a.m. to 4:30 p.m.

See the lights of London shine from city hall

You can view the lights of downtown London from the 12th-floor observation deck at city hall during the World Figure Skating Championships.

The observation deck is open nightly until Saturday from 7 to 10.

Visitors and Londoners are invited to stop in the lobby,

sign the guest registry and check out the display of Canada's London merchandise, including the popular Martin the Moose souvenir, on sale during regular business hours at city hall on the third floor.

If you want to catch the figure skating competitions, the CBC broadcast of the worlds will be shown live Wednesday to Sunday in Victoria Park and outside Budweiser Gardens.

The skating rink at Victoria Park will also be open, subject to weather. JIM REYNO/METRO

Opening day

Competition begins Wednesday

After two days of practice at Budweiser Gardens and Western Fair Sports Centre, official competition begins today at the World Figure Skating Championships.

The pair short program begins at 11 a.m., followed by the opening ceremony at 3:45 p.m. Then at 4:40 p.m. it's the men's short program.

All events are at Bud Gardens. For more information, visit worlds2013.ca. METRO

Volunteers. Running the worlds efficiently

How's this for psyched?

"About a month ago, we had a volunteer session at the London Convention Centre. It was to start at 10 o'clock, and to show you the enthusiasm, at 9:20 exactly, I looked in the



Volunteer Esther Andrews
ANGELA MULLINS/METRO

room and there wasn't a seat available," said Bill Boland, local organizing chair for the World Figure Skating Championships. "The

volunteers were that keen."

Volunteers, 542 of them, are an integral part of hosting the worlds. Whether transporting media from the hotel to Budweiser Gardens, running an errand for one of the skaters or simply directing a visiting fan to their seat, they ensure the massive event runs smoothly.

Boland, who is also finance chair of Skate Canada, said the quality of volunteers in the area was one of the reasons London got the nod to host the worlds. Mayor Joe Fontana also gave them a shout out in his virtual town hall on Monday.

JIM REYNO/METRO

Canada's London contest

Visitors and Londoners are also invited to participate in the Canada's London contest. People can post their London and event photos to the Canada's London Facebook page

or to Instagram and tag them with #CanadasLondon for a chance to win \$100 Downtown Dollars and a Martin the Moose stuffed animal. Contest closes Friday at midnight.

Black smoke signals another day of anxiety

Papal election.

Cardinals fail to vote in new pope on first try

Black smoke poured from the Sistine Chapel chimney on Tuesday, signalling that cardinals had failed on their first vote of the papal conclave to choose a new leader for the world's 1.2 billion Catholics and their troubled church.

Surrounded by Michelangelo's imposing frescoes depicting the beginning and end of the world, cardinals locked themselves into the chapel following a final appeal for unity to heal the divisions that have been exposed by Pope Benedict XVI's shocking resignation and revelations of corruption and mismanagement in the Vatican bureaucracy.

Led by prelates holding a crucifix and candles, the 115 scarlet-robed cardinals chanted the Litany of Saints, the hypnotic Gregorian chant imploring the intercession of the saints to guide their voting, before the master of liturgical ceremonies intoned "extra omnes," or "all out," and closed the heavy wooden doors.

Outside, thousands of people braved cold night rain and packed St. Peter's Square, eyes fixed on the narrow chimney poking out of the Sistine Chapel roof. They were answered some three hours after the conclave began when thick black smoke billowed out of the chimney, signalling that no pope had been elected.

For over a week, the cardinals have met to try to figure out who among them has the stuff to be pope and what his prior-



The faithful brave rain and cold Tuesday to wait for smoke to rise above the Sistine Chapel. DAN KITWOOD/GETTY IMAGES

London coverage

Father Michael Béchar, chaplain at King's University College, has been invited by CTV to be an on-air commentator.

ities should be. But they ended the debate on Monday with questions still unanswered, and many cardinals predicting a drawn-out election.

The cardinals resume voting Wednesday morning.

THE ASSOCIATED PRESS

Taking bets

Bookmakers in betting-mad Britain are cashing in on the Roman Catholic conclave to select a new pope.

- **Main game.** Cardinal Angelo Scola of Milan was leading the pack for many. Ladbrokes had the Italian with odds of 2-1, while Paddy Power and William Hill had him at 9-4. Paddy Power was taking bets that the next pope will hail from Italy at 1-1.

- **Waiting game.** People are also placing bets on how long it will take the cardinals to elect a pope. William Hill had Tuesday as the favourite, at 5-2, with 6-4 odds on Wednesday.
- **Name game.** Paddy Power's second-largest pope-related market is for what name Benedict's successor will take — with Leo, Gregory and Pius among the most popular predictions.

INSIDE THE CONCLAVE

Metro looks at how the pontiff will be voted in.

LOCATION Takes place in the Sistine Chapel, the famous Vatican hall whose walls and ceilings are adorned with Michelangelo's frescoes.

KEY Names derived from the Latin "claustrum conclave," meaning "locked by a key." Cardinals are under lock and key and cannot communicate with the outside world while voting takes place. They sleep in the Casa Santa Marta hotel inside the Vatican grounds.

The next pope needs a two-thirds-plus-one majority of the 115 cardinals.

There are four daily ballots (except the first day, with only one). Ballots are cast on cards with the Latin phrase "Eligo in Summum Pontificem" ("I elect as the most high pontiff") and dropped into a gold chalice.

After each inconclusive round, the stray (unused) ballots are burned to produce black smoke over the Vatican.

If there is a winner, the ballots are burned with a chemical to produce white smoke.

OLDEST ELECTED POPE CLEMENT X (b. April 29, 1600 – July 22, 1669) AGE 79

YOUNGEST ELECTED POPE BENEDICT IX (b. 1121 – 1144, 1145, 1147 – 1154) AGE 18

CARDINAL ELECTORS BY CONTINENT

Continent	Number of Cardinals
Europe	32
Africa	11
Asia	10
Latin America	19
North America	14
Oceania	1

Number of cardinal electors at this conclave — only cardinals who are younger than 80 years old can elect the new pontiff.

LONGEST PAPAL CONCLAVE 2 years, 10 months (November 1268 to Sept. 1, 1271) due to political infighting between cardinals. The election of Pope Gregory X was reached after cardinals' raters were reduced to bread and water and the roof of the Palazzo del Papa di Viterbo was removed, exposing the cardinals to the elements.

SHORTEST PAPAL CONCLAVE 10 hours — October 1503 (Election of Pope Julius II)

CARDINALS: ANDREW HARRIS
TEXT: ANTHONY JOHNSTON

Plague of dead pigs grows

The number of dead pigs found floating in a river flowing into Shanghai has reached nearly 6,000.

The Shanghai municipal government said in an online announcement that 5,916 swine carcasses had been retrieved from Huangpu River by Tuesday afternoon but added that municipal water remains safe.

The surge in the dumping of dead pigs — believed to be from pig farms in the upstream Jiaying area in the neighbouring Zhejiang province — has followed police

campaigns to curb the illicit trade of pork products harvested from diseased pigs.

Shanghai authorities said the city has taken proper measures to safely dispose of the pig carcasses and that the city's water plants are stepping up efforts to disinfect public water and testing for six common swine viruses.

The state-run China News agency said Monday that Zhejiang province had reported no swine epidemic but that a provincial agriculture official blamed cold weather for the deaths of the pigs.

The official, who was identified only by his family name Gu, told China News that the practice of dumping dead pigs into rivers lingers among some pig farmers in the city of Jiaying. "We are still introducing the practice of collecting dead pigs," Gu was quoted as saying.

Shanghai authorities have been pulling out the swollen and rotting pigs, some with their internal organs visible, since Friday. Revolting images of the carcasses in news reports and online blogs have raised public ire against local officials. THE ASSOCIATED PRESS



A carcass floats outside Shanghai. EUGENE HOSHIKO/THE ASSOCIATED PRESS

Freedom of the press

Mali's media fall silent in protest

The airwaves in Mali's capital went quiet on Tuesday and newspapers didn't print a morning edition in protest over the arrest last week of an editor who published a letter challenging the incredibly high salary of the country's coup leader.

Boukary Daou was taken away by agents on March 6 after his newspaper published a letter denouncing Capt. Amadou Haya Sanogo. THE ASSOCIATED PRESS

Estonia

Book returned 69 years late

An Estonian man has returned a library book 69 years late, partly blaming a Second World War aerial bombing that damaged the library.

Ivika Turkson of the Tallinn Central Library says that last week the man in his mid-80s returned the overdue book — checked out in 1944, while Estonia was occupied by Nazi Germany — along with an apology and an offer to pay a late fee. THE ASSOCIATED PRESS

Wynne backs minister who denies endorsing controversial book

Who has time to read?

Minister says he did not read the book that sanctions spousal abuse, or permit the author to reprint his letter of encouragement

Premier Kathleen Wynne is standing by a minister who denies he endorsed a controversial book on Islam that sanctions the physical punishment of women.

Labour Minister Yasir Naqvi acknowledged that he wrote a letter of support for the book on Islam, but said he didn't read it.

"I strongly condemn violence against women," Naqvi said in a statement.

"I believe that abuse of any kind is unacceptable and I do not share the views expressed in this book."

Despite calls for an apology, Wynne said she's satisfied with his response.

Legislative record

Naqvi noted that he twice introduced a private member's bill aimed at helping abuse victims to leave their partners.

"It was quite clear to me that Minister Naqvi had not read the contents of the book. He was sending a congratulatory note on the publication, but he had not read it," she said in London.

"I think it is fully appropriate that he would issue a letter stating his position. And obviously any acceptance of violence against women is unacceptable to me."

In the letter, Naqvi thanked the author, Suhail Kapoor, for writing to him about his book *Islam: Balancing Life and Beyond*.

"I admire your drive to reach out to the public and promote values of tolerance, understanding and respect," Naqvi writes in an excerpt that

appears on the book's website.

"I wish you the best of luck on your reprint, and look forward to reading it upon its release."

Naqvi, a cabinet rookie who served as president of the Ontario Liberal Party, also said he didn't authorize the use of his name or comments to be used in the "reviews" section of the book.

The Ottawa MPP said he received a letter from Kapoor in 2009 regarding the book and responded, "as I do to all letters received at my community office."

But a published report said Kapoor was granted permission to reprint the letter in the book, which sanctions men to "lightly" strike their wives if they show "serious moral misconduct."

Opposition Leader Tim Hudak said Naqvi must apologize.

"I think it's very disturbing that any member of the assembly, let alone a cabinet minister, would endorse this kind of garbage," he said.

THE CANADIAN PRESS



Labour Minister Yasir Naqvi is catching heat for seeming to endorse a book that sanctions men to "lightly" strike their wives in the case of "serious moral misconduct." Naqvi says he had not read the book. TORSTAR NEWS SERVICE FILE

New York City

Cop convicted of plotting to cook and eat women

A New York City police officer was convicted Tuesday of charges he plotted to kidnap and cook women to dine on their "girl meat" — a macabre case that subjected jurors to often gory evidence.

The jury reached the verdict at the trial of Officer Gilberto Valle, a 28-year-old father with a fetish for talking about cannibalism.

Valle's lawyers chose not to hide what they called his "weird proclivities." But they insisted he was just fantasizing and noted that none of the women were ever harmed.

Prosecutors countered that an analysis of Valle's computer found he was taking steps to abduct his wife and at least five other women. They said he searched for how to knock someone out with chloroform and showed up on the block of one woman after agreeing to kidnap her for a New Jersey man, now awaiting trial. THE ASSOCIATED PRESS

Referendum

Falklands vote for British rule

Falkland Islanders are celebrating their referendum showing that 99.8 per cent want the area to remain a British Overseas Territory.

Legislative Assembly Member Gavin Short said Tuesday that he hopes it sends a message to Argentine President Cristina Fernandez: "We have absolutely no desire to be ruled by the government in Buenos Aires. I hope that you now might respect that."

Argentina's ambassador to London, Alicia Castro, said the vote was organized by and for the British just to claim the islands for Britain. THE ASSOCIATED PRESS

UBC

Babies dislike those who are different: Study

A study out of the University of B.C. suggests babies may have a mean streak.

A professor from the

department of psychology found infants as young as nine months favour those who bring harm to people who are different than themselves.

Kiley Hamlin, lead author of the study published in the journal *Psychological Science*, says the results were surprising because almost all of the 112 babies tested acted the same.

For the study, babies nine to 14 months old chose a food they preferred — green beans or graham crackers. They were then shown a puppet show where a puppet demonstrated the same food preference and another puppet demonstrated the opposite preference.

The babies preferred the puppets who harmed the puppet with the opposite preference.

THE CANADIAN PRESS

Curiosity rover

Mars could have supported life: NASA

NASA scientists say tests on a Mars rock show the planet could have supported primitive life — microscopic organisms. The analysis was done by the rover Curiosity, which drilled into the rock and tested a sample. THE ASSOCIATED PRESS

Father breaks down at Magnotta hearing

A father left a courtroom in tears after hearing evidence at the preliminary inquiry of Luka Magnotta, who is accused of killing and dismembering his son.

The preliminary hearing for Magnotta has begun with testimony from police witnesses. He is charged with first-degree murder in the slaying of Jun Lin.

As a second police witness took the stand, Daran Lin was overcome with emotion and left the courtroom trembling and in tears, assisted by his translator as he left the room.

The hearing is subject to a publication ban on the evidence being presented. However, members of the public and media are allowed to witness it. A unique defence attempt to have the courtroom closed was rejected Tuesday.

The first witness to take the stand at the preliminary hearing was the lead investigator in the case. Michel Bourque is a Montreal police



Daran Lin, father of murder victim Jun Lin, leaves the courthouse in Montreal on Tuesday. RYAN REMIOWZ/THE CANADIAN PRESS

major-crimes investigator.

Later a crime-scene technician, Caroline Simoneau, took the stand. During a difficult bit of testimony, Lin's father left the room.

Magnotta sat in the prisoner's box with his arms folded.

Earlier Tuesday, the judge presiding over the hearing ruled that the public and media would be allowed to attend the legal proceedings.

The hearing will determine whether there is enough evidence to send Magnotta to trial.

Authorities named Magnotta as a suspect after the severed remains of Lin, who was studying at Concordia University, were mailed to the Ottawa offices of the federal Conservatives, the federal Liberals, and two Vancouver schools. THE CANADIAN PRESS

The research

What do Canadians know?

Canadians do care about where they come from, according to the latest stats from Ancestry.ca.

- 91% of Canadians feel that knowing one's family history is important.

- 44% of Canadians have researched their family history.

- 41% say they heard an interesting story about their ancestor from a relative and this prompted them to research their family history.

- 42% wish they knew more about their family history.

ANCESTRY.CA



Ninety-one per cent of Canadians think family history is vital. iStock

The unknown

What do Canadians not know?

While 91 per cent of Canadians think it's important to know one's history, many do not have the information to do so.

- 44% don't know when

their family first arrived in Canada.

- 34% don't know either of their grandmother's maiden names.

- 37% don't know the occupation of their grandfathers.

- 37% don't know where either of their grandparents

or great grandparents were born.

- 34% are unsure if any of their ancestors fought in either of the World Wars.

- 50% of Canadians don't know if any of their ancestors have been awarded a medal for their military service.

ANCESTRY.CA

In this ever-changing world it's easy to lose sight of who you are and where you came from. People move, families are separated and personal histories fade like tattered photographs yellowing in old shoe boxes. In this three-part series on genealogy, Metro Canada will help you replant the seed of family knowledge and recreate those missing branches. In this first instalment, we have teamed up with Ancestry.ca to get you started in your quest into the past — through family albums, old birth records and stories that may amaze you. Tomorrow we will take a look at some of the surprises that may have budded on your family tree, and on Friday we'll end the series with a look into the microscopic knowledge of DNA and what it can teach you about your genetic past.

A trek across space and time to self-discovery

Family history. How one woman learned about all the things her grandmother never told her

SHELLEY
COOK
For Metro

It all started in 1977, when Linda Kawamoto, now Linda Reid, found a story written by a woman with the same name as her grandmother.

The story, which won first place in a historical-writing contest, chronicled a young Japanese woman's journey of coming to Canada from Japan in 1907 as a "picture bride"

"When I saw this story, I thought 'Could this be my grandmother?'" said Reid in a telephone interview from her office at the Nikkei Nation Museum in Burnaby, B.C.

A curious Reid did some investigating and discovered that the story was indeed written by her grandmother, Koto Kawamoto.

"I thought, 'Wow, this is really cool. Here she is talking about all the things that she would have never told me,'" explained Reid, who was very close to her grandmother.

Eager to learn more about her family history, Reid began the task of tracing her family's roots, starting in 1902 when her young grandfather, Sansuke Kawamoto, travelled across the ocean from Meiji, Japan, to Victoria, B.C., in the hopes of finding a more prosperous life in Canada.

For five years the young man worked hard, tilling land in B.C.'s Fraser Valley.

When he earned enough to buy his own land, Reid's grandfather built a little home and began cultivating farmland on his property to make a living.

After his new picture bride — he selected her through a photo shown to him by a matchmaker — arrived in 1907, she joined in on the long hours of work. The young couple established a good life for themselves in Canada.

During the Second World War, like most Japanese people in B.C., Reid's grandparents were placed in Japanese internment camps. Everything they'd worked so hard for was lost — their 10 acres of land, their home and all of their belongings were taken and auctioned off by the B.C. Security Commission.

"It was a really painful time for Japanese people in Canadian history," Reid explained, adding many people to this day still don't like to talk about it.

"Thankfully my dad has always been very good about talking about it."

For Reid, learning about her grandparents' journey has created a whole new journey for herself. "It was my grandmother's story that really peaked my curiosity," Reid explained. "I started reading a lot of books and doing research like that. I didn't get into genealogy until the 1980s."

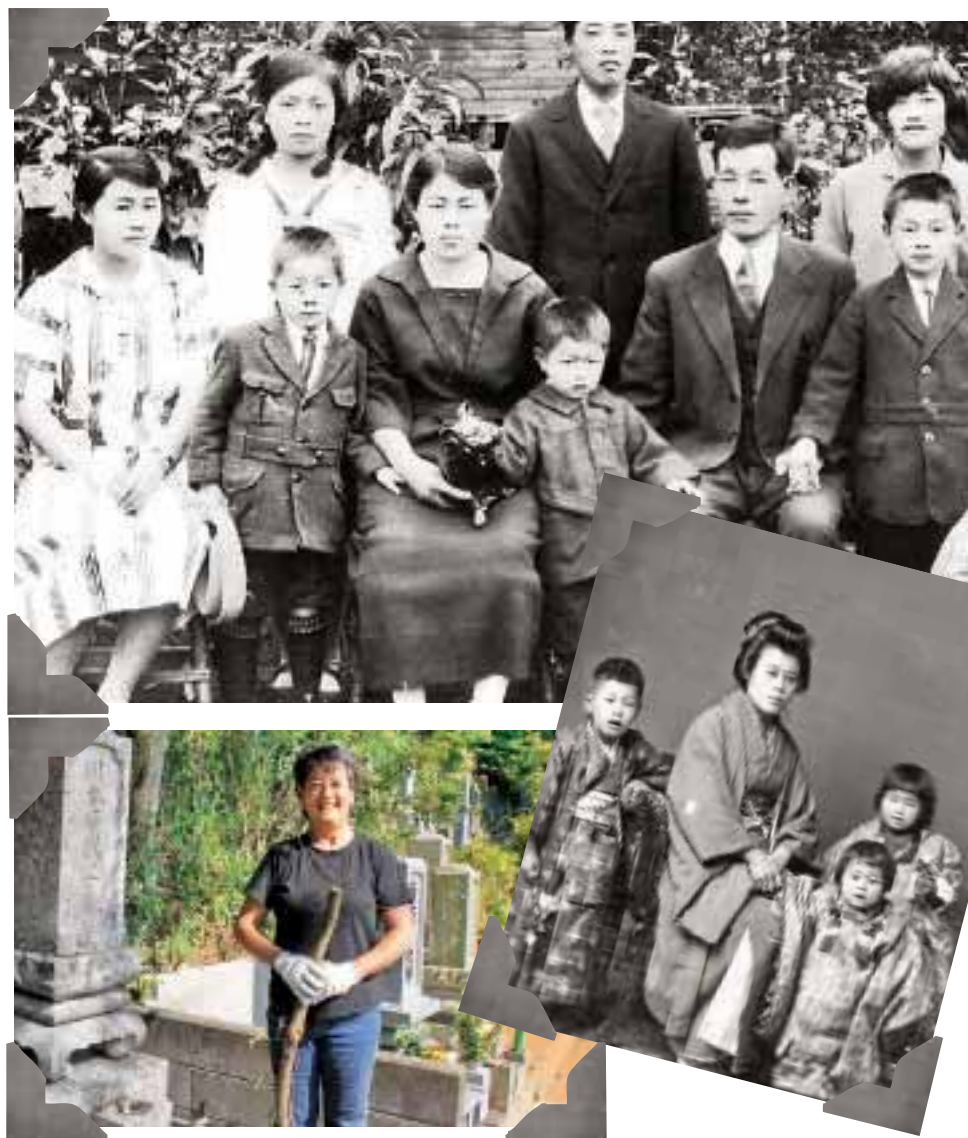
The research archivist has taken trips back to her grandparents' homeland, in search of learning more. She is also a longtime member of Ancestry.ca, where she has found documents and information that has helped in her research.

Reid's interest and curiosity in genealogy and family research has not only helped her find her roots, it has also been key in assisting others in their search to learn about their family's histories.

"It's like a passion for me," she said. "It's taken me into a number of wild directions."

Online

Notorious or famous? Does your family tree have an interesting branch? Tweet us about them at #metrofamous



The top photo was taken in 1927. From Kimiko, left, Fukuyo (standing), Sueyo, Koto, Makoto (boy in front), unknown (tall man in back), Sansuke, Hiroshi (boy in front with hat — Reid's father), Midori, Masao, Tsugio. This photo was taken at the family farm in Haney, B.C. The property was bought in 1920, confiscated in 1942 and sold in 1943 without consent.

In the black and white shot taken in 1913, Reid's grandmother Koto Kawamoto is seen in a kimono with her three oldest children, Masao, left, Fukuyo, centre and Kimiko Kawamoto.

In the bottom photo, Linda Reid cleans the gravesite of her ancestors in Japan. Reid's grandfather built this monument to his family in 1927. ALL PHOTOS COURTESY OF LINDA REID

Did you know?

Additional source

The Mormon church is well known for its collection of genealogy records.

You can do a free search on the Mormon church's huge genealogy record collection (2.5 billion names to be exact) at familysearch.org.

Be sure to input various

spellings of the surname and first name for which you are searching.

Try even using first initials if you can't find the person you are searching for by using a full name.

You can also access records, get free help and collaborate with other people seeking to build their family tree.

METRO

African-Canadians

Debunking popular belief

Records do exist for researching African-Canadian genealogy.

From 1793 until the end of the American Civil War in 1895, more than 30,000 slaves came to Canada via the Underground Railroad.



Records exist to research African-Canadian genealogy. ISTOCK

Other migrations occurred during the War of 1812, from California to Vancouver Island from 1858 to 1860, as well as between 1909 and 1911, when more than 1,500 farmers moved to Manitoba, Saskatchewan and Alberta.

Library and Archives Canada offers various sources. Among them are The Muster Book of Free Blacks (who were among loyalist refugees when

they settled in Nova Scotia) and the Book of Negroes (contains names of black loyalists, their origins, names of their white associates, ships that carried them and more).

Meanwhile, other documents include a list of black chaplains enlisted in the Canadian army (1942 to 1944), and the Canadian Pacific Railways' list of black porters (1930 to 1956). METRO

Tomorrow

Which famous stars share more than a Canadian passport? Read tomorrow's Metro to find out.

Filling out the branches of your tree

Getting started. Even if you know next to nothing about your family, finding out is easier than you think

SHELLEY
COOK
For Metro

So you want to learn about your family history, but you don't know where to begin.

Lesley Anderson, content specialist and spokesperson for Ancestry.ca, has some tips on how you can begin your genealogy journey.

"I always tell people to start with what they know and then go backwards," she said in a telephone interview from her Ottawa office. "Start asking family members to fill in the blanks. They might have old birth certificates, pictures, bibles or stories."

"Times have changed and archives are realizing that

genealogists and family researchers are the ones who want digital documents to be recognized," says Anderson.

Anderson suggests five steps to get you started.

Dig

Start with what you know. Tap into your family resources and begin gathering old documents and stories about your family's past.

Build

Build a family tree on Ancestry.ca, which offers this service for free. Once you input your family data online you will always have access to it.



Online research may connect you with living members of your family. ISTOCK

Connect

Find others reaching out for ancestors. A membership to the website (which will run you \$12 a month for the Canadian site and \$25 a month for the World Deluxe membership) gives you access to see the historical records and information on other people's family trees, and connects

you through an anonymous email system.

Search

Search Ancestry.ca's databases for your family records. This service is offered to paying members, giving them access to billions of original documents that have been digitized and indexed. This means that you can search the records database by a person's name, location or an approximate date, and all of the documents Ancestry.ca has with that person's name on it (censuses, passenger lists, birth, death and marriage certificates) will pop up at your fingertips.

Don't stop

Never stop searching. Once you've started researching your family's history, keep going. With new documents being added to the Ancestry.ca databases regularly, you will never run out of things to sift through. Aside from finding the information you know you're looking for, you could find distant relatives and information you never thought to ask.

FOR MORE INFORMATION, CHECK OUT ANCESTRY.CA FOR A FREE TWO-WEEK TRIAL TO GET YOU STARTED ON YOUR FAMILY-HISTORY JOURNEY.

Princess to the rescue. Dad is a hacking hero

In Mike Mika's version of Donkey Kong, it's the princess who rescues Mario. In response to a plea from his three-year-old daughter, Mika hacked the game, swapping the characters and bringing a little gender parity to the classic Nintendo title.

"She's played as Princess Toadstool in Super Mario Bros. 2 and naturally just assumed she could do the same in Donkey Kong. I told her we couldn't in that particular Mario game; she seemed really bummed out by that," he wrote in a post uploaded to Reddit on Saturday.

"So what else am I supposed to do? Now I'm up at midnight hacking the ROM, replacing Mario with Pauline."

For his efforts, Mika is being hailed as the "best dad ever" by Reddit users. It's not the first time a doting father has hacked his daughter's way to hero-dom. Last year, software developer Mike Hoyer released a version of The Legend of Zelda: The Wind Waker that turned the game's protagonist into a young woman.

"I'm not having my daughter growing up thinking girls



don't get to be the hero and rescue their little brothers," Hoyer wrote in a blog post.

University of Toronto Prof. Sara Grimes says hacks like Hoyer's and Mika's are a response to decades of underrepresentation of women in video games. "The reaction from the media and the gaming community has been so positive, I think, because they're answering a need for more equal gender representation in games," she said.

LUKE SIMCOE/METRO ONLINE

Analyst says iPhone will take a tumble — BlackBerry-style

Smartphone market.

'When handset makers fall out of favour, they fall faster/further than expected,' observer says

Jefferies analyst Peter Misek has likened Apple Inc.'s iPhone to the BlackBerry and Razr, devices that ascended, tumbled and are now struggling to rebound.

"Historically when handset makers fall out of favour, they fall faster/further than expected," he said in a note to investors Tuesday that evoked the comparison to Motorola, HTC and Waterloo's BlackBerry, whose new Z10 phone starts U.S. pre-orders today.

Misek sees a 25 per cent chance Apple will miss its guidance when it reports first-quarter earnings due to slowing sales in late March following Samsung Group's release of its latest Galaxy phone on Thursday.



It's hard to imagine the iPhone's fortunes going through the same downward trajectory that BlackBerry has endured in recent years, but one analyst says that historically, that's the way the handset market goes. GETTY IMAGES FILE

He added that checks with suppliers show casing colour problems for the anticipated iPhone 5S will push out its launch to between July and September.

Misek, who had a \$900 US price target on Apple shares in August, slashed his forecast to \$420 from \$500, projecting the

stock will trade below its current level.

He pared his revenue forecast and his outlook for iPhone sales, predicting moderate growth and warning of further cuts to his targets if new versions of the iPhone "fail to restimulate" sales in developed markets.

The iPhone has been jockeying with the Samsung Galaxy S line for market leadership, with Apple recapturing the title in the latest quarter. But Apple shares have fallen hard since hitting their all-time high in September at \$705.07 on decelerating iPhone 5 sales.

TORSTAR NEWS SERVICE



Cyber teams are at the ready

In this Sept. 23, 2010, photo, army Gen. Keith B. Alexander, commander of the U.S. Cyber Command, testifies on Capitol Hill. On Tuesday, Alexander said the Defense Department is establishing a series of cyber-teams charged with carrying out offensive operations to combat the threat of an electronic assault on the United States that could cause major damage and disruption to the country's vital infrastructure. THE ASSOCIATED PRESS FILE

Washington. Menu-labelling law gets 'extremely thorny'

Diners in the U.S. will have to wait a little longer to find calorie counts on most restaurant chain menus, in supermarkets and on vending machines.

Writing a new menu-labelling law "has gotten extremely thorny," says the head of the Food and Drug Administration, as the agency tries to figure out who should be covered by it.

The 2010 health-care law charged the FDA with requiring chain restaurants and other establishments

that serve food to put calorie counts on menus and in vending machines. The agency issued a proposed rule in 2011, but the final rules have since been delayed as some of those non-restaurant establishments have lobbied hard to be exempt.

While the restaurant industry has signed on to the idea and helped to write the new regulations, supermarkets, convenience stores and other retailers that sell prepared food say they want no part of it. THE ASSOCIATED PRESS

Ottawa. Federal watchdog finds more cooked deals

By the numbers

\$1.7M

The report examined the way contracts were awarded to six consultants, altogether worth \$1.7 million, from 2008 to 2011.

investigation confirmed the tip, with evidence of contract splitting, unfair evaluations and dubious contract amendments — all of which occurred without triggering the school's supposed checks and balances.

THE CANADIAN PRESS

Bankruptcy fallout

Hostess proceeds with Twinkies sale

Hostess is moving ahead with plans to sell its Twinkies, and one of the new owners says the spongy cream-filled snacks could be back on shelves by summer. The bankrupt company has a \$410-million US joint offer for its cakes, which include Ding Dongs and Ho Hos, from Metropoulos & Co. and Apollo Global Management. No other qualified bids were submitted.

THE ASSOCIATED PRESS

Rival to GPS

Sat-nav system sends location fix

The European Space Agency says it has received the first location fix from its own satellite navigation system. The Galileo system is seen as Europe's rival to the U.S.-built Global Positioning System. ESA says technicians at a control centre in the Dutch city of Noordwijk received a longitude, latitude and altitude reading early Tuesday from the four satellites already in orbit.

THE ASSOCIATED PRESS

Health benefits

Obamacare form runs 15 pages long

Applying for benefits under U.S. President Barack Obama's health-care overhaul could be as daunting as doing your taxes. The government's draft application is now on the Internet. It runs 15 pages for a three-person family. The online version has 21 steps, some with added questions. At least three major federal agencies, including the IRS, will scrutinize the application. THE ASSOCIATED PRESS

Market Minute

↑	DOLLAR 97.46¢ (+0.03¢)
↑	TSX 12,878.58 (+20.09)
↑	OIL \$92.54 US (+48¢)
↑	GOLD \$1,591.70 US (+\$13.70)

Natural gas: \$3.64 (-1¢)
Dow Jones: 14,450.06 (+2.77)

CAN SOMEONE THINK OF THE ALBUM?

Why are musicians still recording albums? Doesn't it seem that the very notion is almost a complete anachronism? They're even doling out Grammy and Juno Awards for best album despite the ever-dwindling hardware and retail outlets that once provided them. I mean, no one has a record collection anymore, just a series of files on progressively shrinking mobile devices.

But perhaps I am speaking in the abstract, and the term has a different definition to the "net" generation.

Now, I'm an avid supporter of artists and do not condone file sharing except to uncover some rare duet between Sid Vicious and Barry Manilow, so forgive me for having recently uttered the phrase "burning a CD," but I immediately regretted it. A gentleman in his late 20s mocked me with the contempt usually reserved for someone who separates from a Kardashians. With music evolving into the metaphysical, this guy would have surgically implanted a USB



JUST SAYIN'
Mike Benhaim

Guest columnist filling in for Paul Sullivan

port into his temporal lobe were it not for its obviously inevitable obsolescence. I am also fairly certain he was watching Shahs of Sunset through wireless contact lenses as we spoke.

Prior to that, I had not considered myself old-fashioned, but it dawned on me recently, as I waited outside the photo lab for my pictures to be developed, that it might just be my romantic sentimentality.

Gather the kids around the fire, and I will regale them with magical tales about a time (insert flashback music here) when phones were answered by humans and movies played only in theatres or on TV at very specific times. You could not pause, rewind, avoid commercials or even choose the content.

These sad children were forced to witness the repeated demise of their musical mediums like eight-tracks, cassettes, records, laser discs, mini-discs and CDs, until the music simply vanished into a virtual, intangible mist. Never

again would teenagers line up for the release of their favourite artist's new project, gaze at the list of titles on the back of the album jacket before peeling away the shrink wrap, revealing two panels that might contain a story, lyrics, photos or some cheeky foreshadowing of the mystery that awaited within: The music.

This is no knock on today's teen music scene. Like our oceans, there are still treasures beneath the pollution that's been dumped by the masses, but there is something to be said for anticipation and the aforementioned ceremony that surrounds a tangible addition to your collection. But why build a discernible product if photos and lyrics can be found online and videos are all on YouTube?

I guess what I am saying is that in one generation, we've gone from hoping for some of what we want, to instantly getting everything we want. Destination without the journey, or sex without foreplay, and as my past lovers will tell you, it may still be sex, but the excitement builds too fast and ends way too soon.



Read more of Just Sayin' at metronews.ca

ZOOM

This is a real trunk-twister



GUUS QUAEDVLIEG/SOLENT

Eager elephants show some love

This trio of elephants show their love for one another as they get their trunks in a tangle. The three fully grown African elephants were spotted sharing a bonding moment as they huddled together.

Semi-professional photographer Guus Quaadvlieg captured the moment while on holiday in South Africa. **METRO**

Q & A

Not fighting but hugging



GUUS QUAEDVLIEG
Website designer, 58, from Voerendaal, southeastern Netherlands

Describe the moment you met these three benevolent elephants.

My wife and I were on holiday in Addo National Park in South Africa. We were driving through the conservation park when all of a sudden we found ourselves in the middle of a big herd. Two bulls were playing and then out of the blue, a third one came and started hugging the others. I pulled out my camera and shot this photo.

Hugging? Were they not fighting?
No, not at all. Normally when elephants get together they can be quite aggressive and try to establish who has authority within the group. But when they all met it was clear they knew each other, as they were really caring and loving.

METRO

Clickbait

Who knew a dating site that pairs singles based on similar facial features would be so popular? Here are some other unique match-making sites.

pounced.org

Always wanted to date a "fox"? This site matches the furriest of friends.

cupidino.com

Are you a Mac lover looking for love? This site brings those passionate about their devices together to share their love of Apple products.

diapermates.com

For adults who love to dress up as babies or think that wearing a diaper might be considered a turn on.

meet-an-inmate.com

Convicts post pictures and mailing info to start snail mail correspondence. One disclaimer: Their crimes aren't listed.



Twitter

@metropicks asked: If you were elected pope, what would be the first words you say to the crowd at St. Peter's Square?

@Hfxgrows: Hey, get off my driveway!

@MainStPoodle: All pets go to heaven. Expect cats, who are pure evil.

@GilfoyB73: I've done all the necessary book learn-ins and it sure doesn't take rocket appliances to be the Pope. Its more like denial & error

@Zaedum: Friends, Romans, countrymen... Lend me your wallets. Even after our tax breaks we are still

coming up short.
#whatajoke

@danahstrand: do these red shoes make me look fat?

@GoTireHRM: humour is a great thing, what about... "let us all pray for the Toronto Maple Leafs and their quest for a playoff start"...

@KP89: close your eyes and tap your heels together three times. And think to yourself, there's no place like Rome.

Follow @metropicks and take part in our daily poll.



WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

Abracadabra — you may have seen this trick before

The Incredible Burt Wonderstone. Star studded cast still manages to pull a rabbit out of their hat



IN
FOCUS
Richard Crouse
scene@metronews.ca

This weekend a cast of Hollywood A-listers are going to try and do something magical. Literally.

In *The Incredible Burt Wonderstone*, Steve Carell and Steve Buscemi play down-and-out Las Vegas magicians, up-staged by hotshot Steve Gray (Jim Carrey). Adding more star power is Alan Arkin as a retired magician who still has a card or two up his sleeve.

With an advertising tagline like *Abracastatic!* you can expect lots of illusions, but Burt Wonderstone isn't the first movie magician to pull a rabbit out of his hat on screen.

In *Death Defying Acts* Guy Pearce plays the best-known magician of all time — Harry Houdini. Set in 1926, 13 years after his mother's death, the movie introduces him to a Scottish psychic and her daughter, played by Catherine Zeta-Jones and Saoirse Ronan, who try and con him into believing they can contact Mrs. Houdini from beyond the grave.

Houdini has been played by everyone from author Norman Mailer and Harvey Kei-

tel to Tony Curtis and Emile Hirsch, but it's also possible to catch a glimpse of the real deal. The prestidigitator began filming his magic act as early as 1906 and went on to star in a series of films with titles like *The Master Mystery* and *Terror Island*, all of which are available on the DVD set *Houdini: The Movie Star*.

Taking their lead from Houdini, Penn and Teller starred in *Penn & Teller Get Killed*, a 1989 black comedy featuring a classic sequence of Teller catching pigeons in the park with his bare hands.

Audiences could pick one of two magic movies from the deck in 2006.

First, *The Prestige* saw Christian Bale and Hugh Jackman abracadabra their way through this Christopher Nolan-directed film about tragic results of a rivalry between two 19th century stage magicians. Fans of the movie will notice the main characters' initials spell ABRA — Alfred Borden Robert Angier — short for Abracadabra!

Released the same year, *The Illusionist* starred Edward Norton as a magician who uses his magical skills to win the love of Duchess Sophie (Jessica Biel). Norton's character is loosely based on Erik Jan Hanussen, a magician and clairvoyant who was killed by Nazis in 1933 after a long and successful sage career.

The *Mad Magician* isn't notable just because it starred Vincent Price as the murderous Gallico the Great. It's best remembered as the first movie to be shown in 3D on television.



Steve Carell, left, stars alongside Olivia Wilde in *The Incredible Burt Wonderstone*. HANDOUT/THE ASSOCIATED PRESS



Michael Caine, left, and Hugh Jackman star in *The Prestige*, which was part of a magician movie revival in 2006. HANDOUT



Harry Houdini. HANDOUT



Joseph Gordon-Levitt had his directorial debut at SXSW with *Don Jon*. JACK PLUNKETT/THE ASSOCIATED PRESS

What's in a name for Don Jon?

First, he agreed to cut some of the graphic sex scenes. Now, Joseph Gordon-Levitt is trimming the title of his directorial debut.

His racy comedy, originally called *Don Jon's Addiction*, has been streamlined to just *Don Jon*.

Outside its screening at the South by Southwest film festival Monday night, Gordon-Levitt said he altered the name because some people mistakenly believed the film is about sex or porn addiction.

tion.

"I called it *Don Jon's Addiction* because there's this central symbol in the movie of this rut and this habit that Jon is in," said Gordon-Levitt, who also stars in the film. "It's about a guy getting out of this rut, learning to be present and have more engaged and realistic relationships."

It's the story of a modern-day Don Juan, a New Jersey lady's man who prefers porn to actual sex — even though

Quoted

"It's about a guy getting out of this rut, learning to be present and have more engaged and realistic relationships."

Joseph Gordon-Levitt
Talking about his new film, *Don Jon*

he's having no shortage of the real thing.

Gordon-Levitt first an-

nounced the title change via Facebook, posting that the comedy is actually about "how men and women treat each other and how the media we consume can create unrealistic expectations that we put on one another."

Still, Gordon-Levitt, who previously starred in *Inception*, *50/50* and *(500) Days of Summer*, had already said he was going to remove some of the sex in *Don Jon* to ensure it maintained an R rating.

THE ASSOCIATED PRESS

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metronews.ca
Wednesday, March 13, 2013

DISH

11



Lady Gaga ALL PHOTOS GETTY IMAGES

Is Lady Gaga ready to become Mrs. Gaga?

Is Lady Gaga ready to settle down with Chicago Fire star Taylor Kinney?

"From all I've heard, I don't think I'm dropping a secret by saying they are ready to get hitched this year," DJ Lady Starlight, a close friend of Gaga's, tells the Sun, adding that both

Gaga and Kinney have free time in their schedules in July. "She told me he's the one and you know that instantly when you see them together," the DJ says. But a rep for the singer insists to E! News that the reports of impending wedding bells are definitely not true.



Selena Gomez

From a wizard to a woman

As her new movie Spring Breakers suggests, former Witches of Waverly Place star Selena Gomez is eager to cut ties with her Disney past.

"Disney is a machine, and I'm grateful for it, but I feel like being part of that environment made me crave the reaction from other

projects even more," Gomez tells the New York Times. "Creatively this is where I wanted to go."

The racy, violent film features Gomez and former High School Musical star Vanessa Hudgens as coeds who rob a diner to fund a wild week in Florida.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lil Jon might DJ your next Zumba class

THE WORD
Meredith Engel
scene@metronews.ca

When Lil Jon told us he was gonna move "till the sweat drips down" to a specific place near his own Lil Jon, as it were, we had no idea he was talking about getting low in a Zumba class.

But apparently the rapper is a big fan of the fitness craze (or just really, really short on cash) and has signed on to DJ Zumba classes across the country

as part of a new Zumba Nightclub Series.

Lil Jon will spin on the turntables while celebrity instructor Gina Grant leads a workout. Oh, and don't expect to hear Lil Jon's new single, Work, on the radio anytime soon — it was created especially for Zumba and will be the official theme song for the nightclub series tour, complete with dance moves.

As Metro's resident fitness test dummy, I admit that this class does sound tantalizing.

But I will only partake under the following conditions: 1. I get to rehydrate with crunk juice instead of water, and 2. All participants get to shout "OH-KAY!" and "YAY-UH" whenever they please.



Justin Bieber

Bieber enjoys momentary break from the spotlight in Dutch coffee shop

Justin Bieber took a much-needed breather in Amsterdam between his tumultuous stay in London and his tour stop in Portugal, and apparently hitting up the Dutch city made the pop star a bit peckish.

Bieber and his security detail were spotted patronizing a coffee shop and a chip shop called Chippy King.

"Justin seemed to be

amused or comforted by the fact that the employee didn't know him at first and wasn't jumping all over him and treated him like a regular customer," a rep for the chip shop tells E! News.

"The employee thought he had beautiful eyes and he knew he recognized him from somewhere, but he didn't know until a Dutch film crew told him that was Justin Bieber."

Twitter



@themichaelcaine

Thank You for your kind Birthday messages. Will blow the candles off



@ricky_martin

Of all the "Trending News" out there, the one that I really care and I'm concerned about is North Korea.



@billmaher

Papal conclave has begun! So exciting, like the Oscars all over again- we all want to know: Who will win, and who's dress will he be wearing?



@kelly_clarkson

I just found out I'm allergic to Golden Rodc'mon that has to be fake haha. It's sounds like an adult movie, not a weed!

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TRAVEL

metronews.ca
Wednesday, March 13, 2013

3
LIFE

The final frontier of travel



Chris Hadfield snapped this photo of the Canadarm2 and Dragon Supply Ship high above Earth. AFP/NASA/CHRIS HADFIELD

Interview. Metro sent some questions into orbit with astronaut Chris Hadfield at the International Space Station



ON THE
MOVE
Loren Christie
life@metronews.ca

Are civilians ready for space? Should a trip there be on everyone's bucket list?

With some of the technology that's being developed, you can launch off the ground, go up high enough so you just get to the legal definition of space, about a 100 kilometres up or so. And then come back down again. Pretty amazing voyage. Are civilians ready for space? Well I'm a civilian. Most of the people that fly in space are civilians. I think the real question is, are untrained passengers ready for spaceflight, and should it be on everyone's bucket list? Well of course! It's just such a cool thing. Number one to be weightless, to be able to just tumble, even only for

a few minutes to be able to do that is a completely rare experience. But to be able to see the world from this altitude, to be able to look down and see the curvature of the earth, and the thin atmosphere and the beauty of it and the colours of it.

If you were writing a TripAdvisor review of the International Space Station what would it say?

So if I was writing a TripAdvisor for the Space Station, what would I say? Unique destination. Travel there is difficult but worth the ride. Accommodation and food are spartan, functional but healthy and overall acceptable. Recreational activities are limited. But the view out the window is out of this world.

Which places have intrigued you enough to want to visit once you return to Earth — and why?

Deserts are some of the most beautiful things you see because the colours are so widespread and the sand and

the rock forms into such — they're natural shapes, but they look so artistic and beautiful. And up here, we're removed so we just see the artistry but I'd like to go and actually feel what that's like. To compare the super high altitude, very calm and overpoweringly visual aspect of it with the visceral, five sense reality of what those places are like, I'd like to go and experience that so I can compare the two and try to match them together in my head.



Hadfield conducts an interview from space. THE CANADIAN PRESS



Sub-Saharan Africa as seen from outer space. AFP/NASA/CHRIS HADFIELD

Spend some summer time at Windermere

Lake loving. Nestled in the Rockies is a shallow, warm lake that's perfect for water sports

Winter, spring, summer or fall there's one main attraction that keeps visitors coming back to the B.C. resort town of Invermere.

It's Lake Windermere. Nestled in the scenic Columbia Valley with the Rocky Mountains to the east and the Purcell Mountains to the west, Lake Windermere is actually a very large widening in the Columbia River.

It's one of the largest and warmest lakes in the region and has an average depth of only four-and-a-half metres.

"The lake is pretty much the focus," said Heidi Korven, a travel media specialist with Tourism B.C.

"In winter they have the 'White Way' on the lake. It's a 16-kilometre stretch where they clear it for ice skating as well as (put) tracks on it for cross-country skiing on the lake, so that's kind of cool. They also have pond hockey and a curling bonspiel," she said.

"It's a very cool thing you can do — very Canadiana because you're right in the valley there with the Rockies on one side and the Purcells on the other on this beautiful lake in the winter.

"In the summer the main draw is again the lake because they've got great beaches and it's a really good lake for jet skiing."

The town of 4,000 is about a three-hour drive (277 kilometres) west of Calgary and is a half hour away from ski resorts at Panorama Mountain Village to the west and the Fairmont Hot Springs Resort ski area to the south.

There are the Radium

If you go...

- Take a tour of the Columbia River wetlands. wetlandsadventures.com
- Information on activities. hellobc.com/invermere.aspx
- Explore the Columbia Valley Golf Trail. columbiavalleygolftrail.com

and Fairmont hot springs year round and in the summer the Columbia Valley Golf Trail features nine golf courses within minutes of Invermere — including the Radium Resort Course, Eagle Ranch, Copper Point and Greywolf.

"The town is really hopping in the summer," said Korven.

THE CANADIAN PRESS

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Bake like the Irish with Soda Bread

Soda Bread



Each recipe serves about 12. MATTHEW MEAD/ THE ASSOCIATED PRESS

This classic Irish quick bread — no rising time needed — lends itself to numerous creative variations. Traditional recipes often call for nothing but flour, salt, baking soda and buttermilk or yogurt.

Currants are a common addition, but that's just the start. Any number of seeds, nuts, chopped dried fruit and even chocolate can be added.

For this take on Soda Bread, start with a rich take on the classic recipe, studding it with currants and caraway seeds. Then swap those out to make an oatmeal-rye version with walnuts and fresh thyme and chives. And for a sweet finish, create a chocolate variation, adding a generous half a cup of cocoa powder, dried cherries and dark chocolate.

Soda Bread

1. Heat the oven to 400 F. Coat a loaf pan or a 9-by-9-inch baking pan with cooking spray.

2. In a large bowl, whisk together the flour, sugar, salt, baking soda and caraway seeds. While stirring, mix in the melted butter until small

lumps form and the butter has been evenly distributed. Gently stir in the currants.

3. In a small bowl, whisk together the egg and buttermilk. All at once, pour the egg-buttermilk mixture into the flour mixture. Stir gently but thoroughly, just until the flour mixture is moistened. Do not over-mix the dough or the bread will be tough.

4. Scoop the dough into the prepared pan and bake for 30 to 40 minutes, or until a wooden skewer or cake tester inserted at the centre comes out clean. Allow to cool in the pan for 5 to 10 minutes before turning out onto a wire rack. Serve warm with butter or jam.

Oatmeal-Rye Soda Bread with Herbs and Walnuts

1. Follow the recipe above, but instead of white pastry flour substitute 2 1/2 cups whole-wheat pastry flour, 1 cup oatmeal and 1 cup rye flour. Omit the caraway seeds. In place of the currants, stir in 3 tablespoons chopped

fresh thyme, 3 tablespoons chopped fresh chives and 1 cup chopped toasted walnuts. Bake as directed.

Double Chocolate Cherry Soda Bread

1. Follow the main recipe, but sift 1/2 cup cocoa powder into the dry ingredients in the first step. Also, increase the sugar to 2/3 cup and omit the caraway seeds. In place of the currants, stir in 1 cup chopped dried cherries and 1 cup chopped dark chocolate. Bake as directed. **THE ASSOCIATED PRESS**

Ingredients

- 4 cups white pastry flour
- 3 tbsp sugar
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp caraway seeds
- 6 tbsp (3/4 stick) unsalted butter, melted
- 3/4 cup dried currants, plumped in hot water
- 1 egg
- 1 2/3 cups buttermilk or plain regular yogurt (not Greek style)

Drink of the Week

Irish Coffee

- Boiling water
- Hot coffee
- 2 sugar cubes
- 1 1/2 oz Irish whiskey
- 1/4 cup whipping cream, lightly beaten (but still pourable)

Fill large coffee cup with boiling water to preheat. Let stand 1 minute then empty glass. Fill glass three-quarters full with hot coffee. Add sugar, stir until dissolved. Stir in whiskey. Top coffee-whiskey blend with the lightly whipped cream. To do this, hold overturned spoon over coffee, then slowly pour the cream over it. Goal is for cream to float on top of coffee. Do not mix.

THE ASSOCIATED PRESS/ THE BUENA VISTA CAFE, SAN FRANCISCO



Ingredients

- 1 tbsp olive oil
- 2 large sweet onions, diced
- 1 cup cold Guinness
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne
- 1 lb extra-sharp cheddar cheese (preferably Irish), cubed
- Crackers, chips or bread, to serve

Snack. Caramelized Onion and Guinness Dip



Guinness isn't just for drinking. Try it in this savoury dip, which goes great with chips, crackers, veggies or even in a sandwich.

1. In a large skillet over medium, heat the olive oil. Add the onions and cook, stirring occasionally, until browned and caramelized, about 20 minutes. If the onions begin to char before they caramelize, add a tablespoon or 2 of water. Set the onions aside and allow to cool.

2. Once the onions have cooled, in a food processor combine them, the Guinness, salt, pepper, cayenne and cheddar. Pulse until combined and smooth. Serve with crackers, chips or bread. Also makes a great spread for a roast beef sandwich.

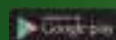
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Seek before you settle. What are the perks of a pre-apprenticeship?

If you're considering a career in the skilled trades but aren't quite ready to dive headfirst into an apprenticeship, consider trying a pre-apprenticeship program first.

These programs are a great way to expose yourself to the trade, gain work experience and earn some basic certifications before committing to being a full-on apprentice.

Benefits of a pre-apprenticeship

- Develop your skills and knowledge of the trade
- Prepare yourself for employment
- Explore a potential trade you aren't sure about but have an interest in
- Upgrade your academics — some programs focus on a specific knowledge area and offer further courses to build up your knowledge before entering a full-time placement

How to get involved

First and foremost, contact your local apprenticeship office

Next step

What comes after a pre-apprenticeship?

- Completing a pre-apprenticeship program puts you at a big advantage in terms of landing a long-term apprenticeship with an employer.
- Knowing you have the hands-on experience, safety training and necessary skill-sets already in place will make your resumé that much stronger (and will make you that much more employable).



Take a hands-on approach to figuring out your future. ISTOCK

to find out which pre-apprenticeship programs are offered in your area. Information will differ depending on what province you're situated in.

The following are examples of different types of programs offered in Ontario:

Employment Ontario

Ontario's Pre-Apprenticeship Training Program offers programs up to 52 weeks in duration which consist of both in-class training sessions and a work placement.

Pre-Apprenticeship Training Institute (Ontario)

This institution emerged in 2006 upon recognition of the need for higher education in the technical field. The Pre-Apprenticeship Training Institute offers training in various trades including plumbing, refrigeration and air conditioning mechanics, carpentry and network cabling.

LEAH RUEHLICKE FOR TALENTEGG.CA

Earn while you learn as an apprentice

Won't you be my mentor? How to pin down a program that suits your success plan

CHRISTINA PELLEGRINI
TalentEgg.ca

Apprenticeships provide workers with the knowledge and technical skill they need to know work in the trades.

They also allow individuals an opportunity to find a career they love, get certified and get paid in the process.

If want to be an apprentice in Canada, it's your responsibility to find an employer who's willing to hire, supervise and mentor you.

Sounds easy, right? According to a 2010 Canadian Apprenticeship Forum report, finding a supportive employer who's willing to sponsor you is often the hardest part of the process.

Darrin Carron, dean and principal at Durham College's School of Skilled Trades, Apprenticeship and Renewable Technology located east of Toronto in Oshawa and Whitby, offers tips on how to find an employer-sponsor.

Get training in high school

Youth apprenticeships are a great way for high school students to explore the trades, connect with an employer and earn hours toward your apprenticeship while working toward a secondary school diploma.

These programs have different names and eligibility requirements depending on where you live because



Contact your regional apprenticeship office if you're interested in enrolling in an apprenticeship program in Canada. ISTOCK

Dial-a-job

"Flip through your old dusty phone book and call local businesses in your area to search for apprenticeship opportunities."

Darrin Carron
Dean and principal at Durham College's School of Skilled Trades

they're administered by the provinces/territories. To be eligible in Ontario, for example, you must at least 16 years old and a full-time Grade 11 high school student.

Work as a general labourer

Getting a job as a labourer shows an employer that you're willing to learn and work. It can help you meet people in the industry and increase the size of your network.

You can contact them again when it's time to find an employer-sponsor for an apprenticeship.

Cold call local businesses

Flip through your old dusty phone book and call local businesses in your area to search for apprenticeship opportunities. A career counsellor can help you structure and practise your script. Having a plan to wow the employer can help

you get an interview.

Build your network

Who you know matters and knowing someone in the trade is the best way to find a sponsor. Ask your parents, family, teachers, friends and acquaintances if they know anyone in your trade.

Search for company owners on LinkedIn. This will help you build relationships and learn about unadvertised opportunities.

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Keep your eyes on the prize as you set out to succeed as an electrician. ISTOCK

Shining a light on how to ace the electrician exam

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Prepping for this test will take patience and positive thinking

CHRISTINA
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Construction and maintenance electrician is one of 55 trades in Canada that requires tradespeople to become a licensed journeyman by your province or territory.

After completing an apprenticeship, you are required to pass the inter-provincial exam called the Certificate of Qualification.

Earning at least 70 per cent on the C of Q exam (a passing grade) is one of the biggest challenges for many aspiring electricians.

Leo Bitonte, a journeyman electrician who challenged and passed the C of Q last year,

and Sam Mallak from Electricalexam.ca, a company that offers pre-exam tutoring in Canada, provide insight into common challenges and solutions that will help you study effectively, pass the C of Q and earn your license.

How you're approaching the exam

You're taking shortcuts

Don't rely on your friends to tell you about the questions on their exam (they're constantly changing) and don't buy outdated books because you think you're saving money. Learn the content you're required to know because employers are looking to hire licensed electricians who are knowledgeable, Mallak says.

"There's too much to know"

It's true, there's a lot of content to study and learn. So don't cram, Bitonte says. Enroll in a pre-exam course that teaches

Don't overdo it

Aiming for perfection?

- While it's nice to score as close to 100 per cent as possible, all you need is 70 per cent to pass. Whether you score a 71 or 99, it doesn't matter and it's not necessarily reflective of how you will perform as an electrician
- But scoring 69 per cent does — anything below a 70 is a failing score.

you the ins and outs of the C of Q.

How you're practising:

The wording of these questions is confusing

The more you practise writing tests, the more familiar you'll become with how questions are

written and structured.

Some questions cover things I've never done before

Be conscious of the exam throughout trade school and take every lesson seriously — even if you think it's not relevant for your apprenticeship.

There's not enough time

You get three hours to complete the exam. When you're completing practice exams, imitate the testing environment and time yourself.

When you're writing the exam Bitonte suggests answering all the questions you know first and skipping the ones you don't. Remember, all you need to pass is 70 per cent so if you don't know the answer, guess. But monitor how much time you spend on each question.

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Arrested

AHL player charged with trespassing

A Canadian hockey player ended up in a San Antonio jail earlier this week after allegedly breaking into a home while "heavily intoxicated" and making himself comfortable.

Hamilton's Scott Timmins, a forward with the AHL's San Antonio Rampage, was arrested Monday morning and charged with criminal trespassing.

According to San Antonio police, a 43-year-old woman awoke in her home to find Timmins sitting on her couch. The police report said Timmins, 23, was heavily intoxicated, smelled of alcohol and was unable to maintain his balance.

Police say the woman asked, "Who are you?" and Timmins allegedly replied "Who are you?"

THE CANADIAN PRESS

Tennis

Raonic advances to fourth round

Canada's Milos Raonic made the most of a late singles start at the BNP Paribas Open, upsetting 12th seed Marin Cilic 3-6, 6-4, 6-3 Tuesday to move into the fourth round.

Raonic, seeded 17th at the Tennis Garden, was playing his first singles match of the tournament after a first-round bye and a walkover in the second round after French opponent Michael Llodra withdrew injured.

Raonic, from Thornhill, Ont., will face eighth seed Jo-Wilfried Tsonga in the next round.

THE CANADIAN PRESS

Minor hockey

Parents to be given etiquette lesson

Hockey New Brunswick says it plans to introduce a mandatory online course in September for the parents of players ages four to eight.

General manager Brian Whitehead said Tuesday there have been enough instances of misbehaviour that "we feel we need to educate our parents and give them an opportunity to see what Hockey New Brunswick expects from parents when they are in the arena."

THE CANADIAN PRESS

Ice dance champs play tour guides

Hometown heroes.

Virtue, Moir share their top London destinations as they set their sights on another world title

Two pages of the World Figure Skating Championships' souvenir program are dedicated to Tessa Virtue and Scott Moir's favourite London hang-outs.

Virtue is partial to the cinnamon French toast at The Bag Lady for breakfast, while Moir heads to Cowboys on Friday nights for drinks and country music.

If you didn't know the Olympic gold medallists are aiming for their second consecutive world ice dance title this week, you could almost mistake them for the event's official welcoming committee.

"This is our city, this is our venue, there's no doubt about that," Moir said after Tuesday's practice in front of several hundred fans at Budweiser Gardens. "This is where we come Friday nights to watch the (Ontario Hockey League's) Knights."

The 23-year-old Virtue grew up in London and owns a house not far from the arena. Moir, 25, comes from Ilderton, about a 20-minute drive north.

They can't turn a corner in Budweiser Gardens without spotting someone they know.

"You do get that extra smile or a wink from the volunteers," Virtue said.



Tessa Virtue and Scott Moir have the hometown support going into this week's ice dance competition at the World Figure Skating Championships at Budweiser Gardens. PAUL CHIASSON/THE CANADIAN PRESS

During their post-practice media session Tuesday, Moir turned tour guide for reporters, asking: "Did you find some good place to eat yet or what? You need any suggestions?"

"Any spot in Ilderton is a hot spot, I can tell you that," he added, laughing.

But the odd light-hearted moment aside, the Canadians are all-business in their approach to this week.

"This is a world championships for us, we always want these bad, and at the end of

the day, it's for us, we're the ones who work hard in training every day and we want that title," Moir said.

There have been just four world champions in the nine times Canada has hosted the event — Jamie Sale and David Pelletier in 2001 in Vancouver; Kurt Browning in Halifax in 1990; Barbara Underhill and Paul Martini in Ottawa in '84; and Barbara Wagner and Robert Paul in Vancouver in '60.

There's never been a home-

town champion.

"It seems like we're the luckiest kids ever," Moir said. "We have a home country Olympic Games and to have a hometown worlds is a pretty rare opportunity for athletes like us. I never dreamed in a million years."

"It gives me goosebumps just thinking about it. And if you've taken a drive out to Ilderton, you can see all the support — the gold banners hanging all over — it is fun. It seems like the community is really rallying around us so what more can you ask?"

THE CANADIAN PRESS

Kostner looking to repeat perfection



Carolina Kostner GETTY IMAGES FILE

Carolina Kostner could have taken her gold medal from last year's world championships and ran.

She finally had the title many had been predicting for the better part of a decade. Better yet, she'd redeemed herself from those dismal performances at the Vancouver Olympics and 2009 world championships, where she spent more time sprawling on the ice than a kid learning how to skate.

But to retire would have

Sizing up the competition

Carolina Kostner is just one contender in a tough field.

- Other favourites include Olympic champion Kim Yu-na, Mao Asada and Ashley Wagner.

meant ignoring the precious lessons those awful times taught her.

"The reason is just that I

love it," the Italian said Tuesday. "I cannot expect from everyone to love my skating, but I love to do it. I'm not ready to give that up yet. I know that there is a small chance that I can really repeat that perfection like last season. But it's in my heart, and every time I go on the ice I take it with me and say, 'You've got there and now you should enjoy it.'"

"I try," she said, smiling. "It's not so easy but I try."

THE ASSOCIATED PRESS

Rise-to-the-occasion Otters hope to kick Knights when they're down

OHL. Though bottom feeders, Erie has played league's top teams hard all season



JOHN MATISZ

john.matisz@metronews.ca

With a .338 winning percentage after 65 games, it's no surprise the Erie Otters haven't beaten many teams multiple times this season. When they have, though, it's been against formidable foes like the London Knights.

"Everybody knows we're the top team, so they play (extra) hard against us," Knights defenceman Nikita Zadorov said. "It's (difficult) for us because all of the teams (believe) if they can beat the London Knights, they can beat (most of the league)."



Knights defenceman-turned-forward Miles Liberati receives an outlet pass during a team workout at the Western Fair Sports Centre on Tuesday. JOHN MATISZ/METRO

The Otters went 2-0 this year versus both the Oshawa Generals and Barrie Colts, two of the top teams in the East, and managed a pair of victories over a club likely to finish

fourth in the ultra-competitive West loop, the Kitchener Rangers.

Erie, a middling franchise currently hanging its hat on developing 16-year-old phenom

Connor McDavid, has lost 8-2 and 8-1 to the OHL regular-season champion Knights. Overall, London is 3-2 against Erie this season, including three one-goal games.

How they stack up

London: 1st in Midwest Division (47-13-2-3)

- Coming off 8-1 loss to Windsor.
- Leading scorer is Max Domi (39 goals, 45 assists).
- Goalie is Anthony Stolarz (.918 save percentage).

Erie: 5th in Midwest Division (18-39-3-5)

- Coming off 6-4 loss to Owen Sound.
- Leading scorer is Connor Brown (26 goals, 41 assists).
- Goalie is Oscar Dansk (.887 save percentage).

The Knights and Otters meet for a sixth and final time Wednesday in Erie, Pa. The home team is on a two-game slide, while London enters the contest with a chip on its shoulder after dropping consecutive games last weekend.

"Finishing the season playing hard, playing the right way is important to us," Knights rearguard Dakota Mermis said.

"We have to figure it out here."

Whereas London's blue-liners intend to keep a lid on McDavid, the Otters will surely be watching Knights star Max Domi like hawks. Domi, who has all but clinched the team's scoring crown with 84 points in 62 games, has torched the Otters in 2012-13, recording six goals and four assists in five matches.

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What a difference a few decades make



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2013 Toyota RAV4

- **Type.** Four-door, front/all-wheel-drive compact wagon
- **Engine (hp):** 2.5-litre DOHC I4 (176)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination)** \$25,400

Design

Physically, it now displays all sorts of swoops and curves that replace a boxier design. In back, the side hinged cargo door with attached spare tire has been replaced by a more practical liftgate. The full-size spare (a rarity in this class) is now discretely located beneath the cargo floor. There's also a handy spot to hide small valuables next to the spare.



The addition of a liftgate makes the 2013 model a more practical one than the previous year's model.

Engine

Returning for 2013 is the one and only 2.5-litre four-cylinder that delivers 176 horsepower and 172 pound-feet of torque, which is actually enough for a vehicle that weighs in at about 1,550 kilograms. Although the engine returns basically unchanged, there's a new six-speed automatic transmission that replaces the previous four-speed unit.

Fueleconomy

The new fifth and sixth overdrive gearing — plus a more efficient torque converter — is largely responsible for the drop in fuel consumption to 8.7 l/100 km in the city and 6.4 on the highway (for front-wheel-drive models), which is down from 9.5/6.9. All-wheel-drive versions achieve 9.1/6.8, which is an improvement from 9.7/7.2.

Review. Starting a whole new class of vehicles is one thing. Being expected to continually redefine that class is something else altogether. No pressure

MALCOLM GUNN
wheelbasemedia.com

What a difference a couple of decades can make.

The original Toyota RAV4 that helped usher in the compact-utility segment back in 1996 was a major design and marketing breakthrough. Vehicles such as the Honda CR-V, Ford Escape and others eventually followed, with all offering an economical and affordable way to deal with just about any type of inclemency that Ma Nature might have tossed our way.

The latest RAV4 is no less capable, but over the years has

evolved into an elegant, sophisticated and highly detailed wagon.

Most of the cabin has been completely restyled and is awash with "soft-touch" materials and silver trim bits, which is pretty standard for this class now.

If you're planning to add the third-row seat option to your RAV4, be advised that Toyota has discontinued that feature due to an apparent lack of interest.

The AWD option is updated with Auto, Lock and Sport modes to suit specific traction and driving situations. Lock keeps half the power going to the back wheels as long as you're driving slower than 40 km/h. Sport mode allows wider transfer of torque between the front and rear wheels (as much as half to the rear) than the Auto mode.

The base RAV4 LE comes with 17-inch steel wheels, which probably helps keep the starting price close to the \$25,000 mark, including air



The mostly business-like asymmetrical dashboard and control panel runs counter to the currently in vogue shapes that appear to intrude into the passenger area. There are eight standard airbags as well as a 15.5-centimetre display that doubles as a monitor for the backup camera.

conditioning, reclining second-row seat plus most of the basic power features.

The XLE adds a moonroof, dual-zone climate control, premium bucket seats and fancier 17-inch alloy wheels, while the Limited loads up with power-adjustable and heated front seats, power liftgate and 18-inch wheels. The XLE and AWD Limited are also the portals to a variety of premium-level op-

tions, including voice-activated navigation and Bluetooth wireless networking.

Whether in standard trim or all dressed up, the latest RAV4 is a handsome wagon that accentuates economy and efficiency, which was exactly the stated mission all those years ago. This time around, though, the RAV4 leaves behind its entry-level ways to become a more elegant and refined traveller.

By comparison



1 Honda CR-V
Base price: \$27,600



2 Nissan Rogue
Base price: \$25,850



3 Ford Escape
Base price: \$23,150

5 DRIVE

Anti-lock brakes let you steer while stopping

Driving Force. Knowing how your ABS works can save you in an emergency

JILL
MCINTOSH
drive@metronews.ca

Anti-lock braking system, or ABS, are among the most effective safety features on your car. But it's important to know how they work, so you can make the most of them when they're needed.

"The main purpose for ABS is to make sure the driver is capable of steering the vehicle in an emergency braking situation," says Sylvain Gilbert, manager of technical services for Mercedes-Benz Canada. "If you have your foot on the brakes hard and the front wheels lock, you can do whatever you want and the car won't turn. ABS keeps the brakes from locking."

Brakes use heavy metal rotors (also called discs) that are located behind the wheels and turn with them. When you press the brake pedal, metallic pads squeeze against the rotors, and the resulting friction stops the car. ABS doesn't activate during regular

braking, because the tires grip the pavement and you stay in control.

But on a slippery surface, the car can slide like a toboggan. In the past, when cars didn't have ABS, drivers were trained to "pump" the brakes. This let the tires turn slightly, which gave them a chance to reestablish their grip before the driver braked again.

ABS does the same thing, but much faster than you possibly could—as much as several times a second. You don't necessarily stop any faster, and in some cases it may even take a bit longer to stop, but you'll be able to steer your vehicle. That could mean the difference between going around an object or hitting it, or getting around a corner instead of sliding into the intersection.

The sensors, computers and solenoids that ABS uses are also the basis of several other safety systems, including electronic stability control, which brakes specific wheels if your car is sliding sideways, and hill hold, which keeps them on for a few seconds so you don't roll back on an incline while going from brake to throttle.

Brake pedals used to vibrate

More on ABS

- ABS and electronic stability control are mandatory on all new cars sold in Canada, starting with the 2012 model year.
- The first all-electronic, four-wheel, multi-channel ABS system, the basic type used today, was invented by Bosch and first offered as an option on the 1978 Mercedes-Benz S-Class, and shortly afterwards, on the BMW 7 Series.
- ABS can only do so much. Any time the road is slippery, slow down, and start breaking sooner.

harshly when ABS came on, but new systems are far quieter. "The system is under pressure and the pedal would vibrate because the solenoid was opening and closing and pumping that pressure," Gilbert says. You may feel the brake pedal sink slightly, but don't take your foot off it. Instead, press firmly and let the ABS do its job.



Even Mercedes-Benz's AMG performance division uses anti-lock brakes. COURTESY MERCEDES-BENZ







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Horoscopes

Aries

March 21 - April 20

Upheavals in your personal life may make you feel vulnerable but there is no need to fear change. The new always replaces the old and what happens next will confirm that better days are on their way.

Taurus

April 21 - May 21

This has the potential to be a really great time for you but it will only happen if you have a clear idea of what it is you want to happen. You can change your life in any way you wish.

Gemini

May 22 - June 21

Don't tie yourself down today. As a Gemini, you need to be free to pursue your interests in your own way and at your own speed. Family and friends may not agree but it's not about them, it's about you.

Cancer

June 22 - July 23

You have some big ideas in your mind, but are you going to do anything with them? Remember: if you can think it you can do it, although you don't have to do it all at once.

Leo

July 24 - Aug. 23

The world may be in chaos but everything in your life is exactly how it should be. Loved ones need you to be a rock they can cling to in stormy times, so stand tall and stay strong for them.

Virgo

Aug. 24 - Sept. 23

All things exciting and unusual will attract you today. You just want to have fun. It's not often you are this adventurous but you've had your full of leading a predictable life — for the moment at least.

Libra

Sept. 24 - Oct. 23

You need to join forces with others to accomplish what you can't do on your own. You may not want to share the glory but if you do it all by yourself, there may be no glory to share.

Scorpio

Oct. 24 - Nov. 22

Something you think you depend on will fall by the wayside today, but don't worry. In a matter of days you will realize it has made things easier for you. It was holding you back, not holding you up.

Sagittarius

Nov. 23 - Dec. 21

What you learn today, about yourself and about the world, will make so many things in your life easier. The most important thing you can learn is that possessions are not what it's all about.

Capricorn

Dec. 22 - Jan. 20

Be positive and be purposeful. Make the world sit up and take notice of your unique talents. You can accomplish more than you thought possible over the next few months, so forget about limits. They don't exist.

Aquarius

Jan. 21 - Feb. 19

Everyone has rivals, even an Aquarius, and someone who resents your popularity will try to make life difficult for you over the next few days. They will only succeed if you fight fire with fire. Just ignore them.

Pisces

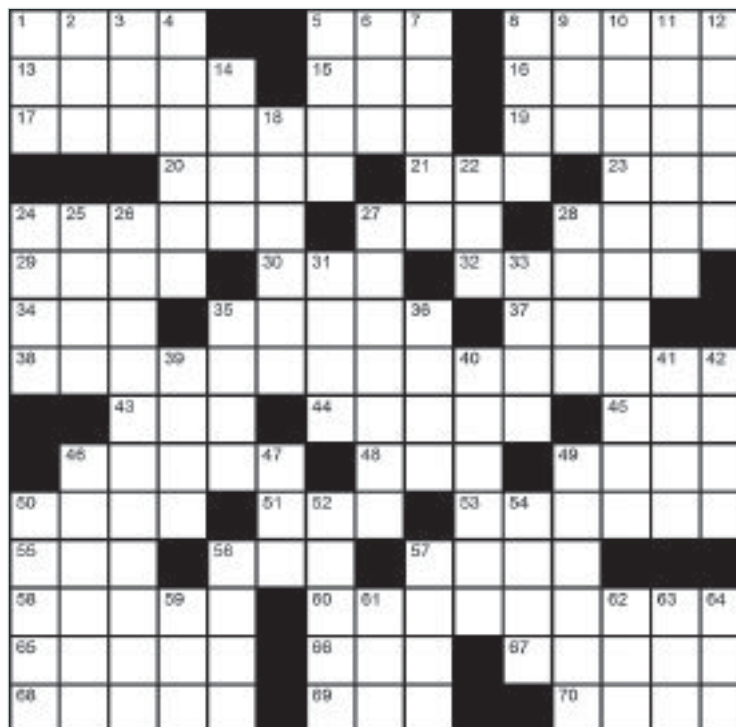
Feb. 20 - March 20

What happens today will take you by surprise. The world is not the bad place that some people say it is. In fact, it is a wonderful place full of wonderful people. You're one of them. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Having wisdom
- Leopard
- Make hair wavy
- Crunchy snacks
- '60s singer, Little
- Pago Pago's land, American
- Canadian frozen seafood company: 2 wds.
- Garth Brooks' "Friends ___ Places"
- Smashes
- Business books balancers, briefly
- 'Chlor' suffix
- City in Washington state
- Comprehend
- Metal band, ___ Row
- In the blink ___ eye: 2 wds.
- Hairstyling product
- Cosmetics company, ___ Lauder
- Damage
- Sticker
- ___ coat
- Steller's Jay is its provincial bird: 2 wds.
- "Surprise!"
- Big cat
- Army unit on foot, for short
- Connects
- East: French
- Encourage
- Mr. McCartney
- Ford, for one
- Cherry-on-top dessert
- 'Fool' suffix
- Actor Mr. Robbins



- Kind of citrus fruit
- Some swords
- ___ Provincial Park, ON
- "___ firma!" (Land!)
- Roman Myth: Sun god
- Other: French
- Great enthusiasm [var. sp.]
- Like a fox
- Bunny costume props

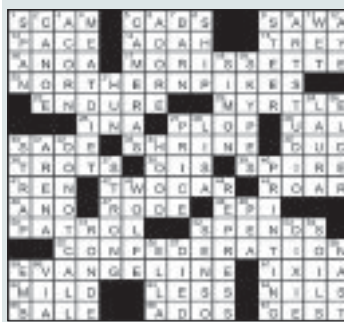
Down

- Teacher's workplace, for short
- Hawaiian fish
- Acting job
- "Sleepless in Seattle" (1993) director Nora
- Comfy house spots
- Nightfall
- Classic comedy, "Royal

- Canadian Air ___
- Canuck spy agency, for short
- 54-40 song: "Baby ___"
- Nelly Furtado hit: 4 wds.
- Roughing It in the Bush author, Susanna
- 'Footed' like Fido
- Criticize

- Pictures
- Had a hamburger
- Archaeological discovery
- In the distance
- Wildlife group traversing the tundra: 2 wds.
- Arctic formation
- ___ cell research
- Genuine
- Giddy-up helper
- Celine of song
- Fireplace ashes ...once
- Plug away
- Depart-togetherer's command: 2 wds.
- "Young Frankenstein" (1974) role
- For ___ (It'll be done for money)
- National park in Alberta
- ___-Fi
- Original
- Michelangelo masterpiece
- Collect
- Arm bone
- Nicholas II was one
- The ___ Duckling
- ___ e Leandro (Luigi Mancinelli opera)
- Chuckling one's e-mail shorthand
- Stage actress Ms. Hagen
- Out of the ordinary, for short
- Tip to 'cafe' (Brand of coffee)

Yesterday's Crossword

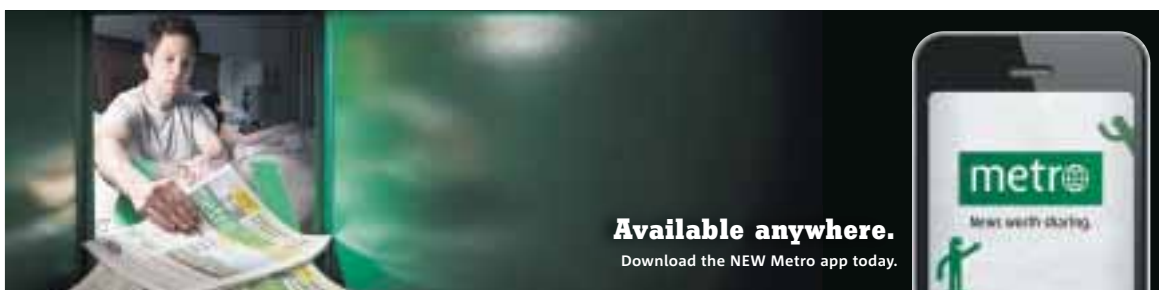
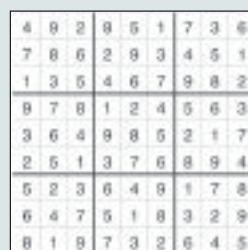


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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